



Maryland State Department of Education Child and Adult Care Food Program

MEAL PATTERN REQUIREMENTS: AGES 1-12

MEAL	1-2 YEARS	3-5 YEARS	6-12 YEARS
BREAKFAST			
Fluid Milk	½ cup	¾ cup	1 cup
Vegetable & or Fruit or 100% Juice	¼ cup	½ cup	½ cup
Cereal/Bread Alternate	⅓ ounce/½ slice	½ ounce/½ slice	1 ounce/1 slice
SNACK (choose 2 of the 4 components)			
Fluid Milk	½ cup	½ cup	1 cup
Vegetable/Fruit	½ cup	½ cup	¾ cup
Bread/Alternate	½ slice	½ slice	1 slice
Meat/Alternate	½ ounce	½ ounce	1 ounce
LUNCH/SUPPER			
Fluid Milk	½ cup	¾ cup	1 cup
Meat/Alternate	1 ounce	1 ½ ounce	2 ounces
Bread/Alternate	½ slice	½ slice	1 slice
Vegetable and/or Fruit (2 servings total)	¼ cup	½ cup	¾ cup